

**Level 1 Mindfulness MBSR and MBA
Teacher Training Prospectus
with Kathy Ward
Mindful Academy International**



PTA PROVIDENT 19/020
2021-2022
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DUAL TRAINING &
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2021-2022

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Thank you for your interest in the professional teacher training courses with Mindful Academy International.

We understand that the decision on who to train with is a huge one, both in terms of time, investment and credibility, so we thank you for giving us the opportunity to share our courses.

Here at Mindful Academy International, we want to assure you that we offer affordable, world class training, giving you the skills and confidence start your new career or add mindfulness to your profession for mental health and wellbeing. We are an externally accredited **Provider of Training Excellence with the Professional Development Consortium**, offering globally recognized courses and continued professional development CPD certificates. You may like to read our **testimonials** or visit our **worldwide directory of graduates**.



Mindful Academy International was founded in 2010 by CEO and TEDx speaker Kathy Ward.

She is a senior International MBSR, MBCT and MBA Trainer, Supervisor, Teacher and Mindfulness-Based Interventions Teaching Assessment Criteria Assessor trained by the Centre for Mindfulness Research and Practice CMRP; Bangor University. As meditation practitioner with over 40 years experience, she has been teaching meditation and yoga since 2005 and has trained nearly 600 International mindfulness-Based Teachers since 2010.

Kathy is a member of the British Association of Mindfulness-Based Approaches, BAMBA, a Training Partner with the Mindful Directory, chair of the **Mindfulness Network Community Friends** a voluntary organization with the Mindfulness Network that offers support for trainees and teachers, plus a range of free events. Kathy is also a registered CPD provider with the USA Yoga Alliance. She runs a free monthly **Supporting Integrity in Teaching and Training SiTT group** to sit, reflect on teaching and personal practice, and to offer kindness, support and inspiration to one another as we continue on our journey of personal and professional development..

Kathy develops and delivers corporate mindfulness training programmes, gives keynote talks and workshops on mindfulness and workplace safety and works as a Mindfulness Consultant designing Mindfulness and Emotional Intelligence for mental health and wellbeing in the workplace courses for the World Health Organization.

She also offers Mindfulness Coaching, 8-week MBSR and MBCT for cancer courses and 4-week Mindfulness-Based Emotional and Social Intelligence M-BESI online to individuals and groups.

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

This prospectus gives details of the **Level 1 Mindfulness-Based Stress Reduction MBSR and Mindfulness-Based Approaches Teacher Training Course**. We offer also offer Level 2, and supervision-based Level 3 Qualified and Level 4 Certified courses and if you would like to explore the whole Teacher Training Pathway, please [click here](#)

Courses are booked individually, and once your space on the course is confirmed, you start training with us straight away.

As a 3rd party externally accredited and verified in the UK and recognized globally, we are committed to offering you an outstanding in-person or live online learning experience. accreditation and testimonials are proof its training you can trust!

We hope that we have provided the information you need. If you need further information or would like to arrange a no-obligation call to discuss if our courses meet your vision of teaching mindfulness, please contact Kathy Ward by:

Email: enquiry@mindfulacademyint.com

Telephone: UK (+44) 1225 294483.

The Level 1 Mindfulness MBSR and MBA Teacher Training Course



Following on from taking an MBSR or MBCT 8-Week or MBMA course as a Participant either in your home location or **live online with us**, the Level 1 course is suitable for those wishing to add Mindfulness-based Approaches (MBA) to their profession or teaching or as a new career and the optional first step to becoming a Level 2 teacher.

The course is an opportunity to engage in a personal and group process designed to facilitate a deepening of your personal mindfulness practice and develop your skills in teaching mindfulness-based approaches including **core practices**, the skill of **inquiry** and **mindful movement** through experiential workshops supported by the Mindfulness-Based Teaching and Learning Companion (MBI-TLC) and Mindfulness-Based Teaching Assessment Criteria (MBI-TAC) collaboratively developed by teaching teams within the Centre for Mindfulness Research and Practice at Bangor University, the Oxford Mindfulness Centre at Oxford University, and CEDAR at Exeter University.

The Level One course can be taken as a Vocational Training, Continued Professional Development (CPD) or Continued Education Units (CEU) with professionally accredited hours to add to your annual training record and sought after skills on your curriculum vitae.

We recommend that you receive **supervision** with us or another provider after this course in line with the **Mindfulness Good Practice Guidelines**. We also offer advanced workshops, silent retreats and especially tailored supervision packages including an extended package for those who may not want to take the Level 2 course yet, but who wish to teach the 8-week course.

If you ever hesitated to join an online course, Kathy's courses are the ones that might convince you. The intensive practice immerses us in teaching session by session and gives the extra gift to learn how to teach online, too. No travel time and cost, no hotel cost, "green training!"

I am so glad I decided to attend her online teacher training course, go for it!

Dr. Kornelia Nyitray from Hungary. Level 1 in-person and Level 2 online graduate.

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

The **Level One Teacher Training course** is offered in a **live online modular format** with one weekend a month over 4 months (total 8 days) **OR** as a **6-day Intensive** at the Cabragh Lodge, centre for Inner and Interpersonal Wellness, Coolaney in the North West of Ireland in the Ox Mountains

Our live online interactive video conferencing courses are held on Zoom, with plenty of breaks so that you can step away from the screen. We also arrange a pre-course online group session so you can meet the other students, explore how to use zoom and learn how to set up your space so that you can make the very best of your time with us.

As an accredited Provider of Training Excellence, there is no difference in qualification between the in-person and online teacher training courses, and both are externally 3rd party accredited with the globally recognized **Professional Development Consortium and CPD Standards Office** based in the UK.



Online Modular costs

The **standard rate course tuition is €925**. This is the market rate for this type of course and the rate we ask you to select if you are able. **We also offer subsidized spaces at €800** (limited to 2 per course and must be applied for at the time of sending your application. Requests for the subsidized rate at any other time will not be considered) Please only select this rate at the time of applying for the course if you are in receipt of benefits or would find it otherwise inaccessible to attend due to the fee. We will not ask for evidence of benefits or income at the application stage but may ask for evidence to support your application in the future. This option is not available if your company is paying for the course.

6-Day Residential Intensive costs

Residential Teacher Training course including full tuition, resources 7 nights in a single en suite accommodation and home-cooked vegetarian food - **€1650**.

For details of the 2022 dates and availability, please visit our [calendar page](#). or the [Level One course page](#). You can apply online [here](#). Early booking is highly recommended as we keep classes small to ensure you have the very best support and development. As soon as your space is confirmed, you can also start to prepare for the course and be fully supported by us in this first step of your Teacher Training Pathway.

"This is the best course I have ever taken! Focused, very professional and creating a safe learning environment. I have deepened my meditation practice and I feel confident to share with others"

Fiona - Training Development Consultant working with the European Union Institution

Training and Supervising workplace Counselors.

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International



Whats Included in the price?

- ✓ Live in-person or live on-line interactive accredited professional Mindfulness MBSR and MBA Teacher Training. Intensives 65.5 contact hours. Modules 58 contact hours.
- ✓ Extensive training manual supporting every aspect of Mindfulness teaching and practice Mindfulness Teacher Training Resources and all core Trauma-sensitive Mindfulness Meditation and Mindful Movement transcripts.
- ✓ Pre-course study guides including our exclusive "how to prepare to teach the core practice" videos and mp3 recordings of all core practices so you can start training with us straight away
- ✓ 1 x Supervision session to get you started on the pre-course preparation (worth €60)
- ✓ Private forum to support your teaching development and preparation
- ✓ Support and development of you teaching the core meditation practices utilizing the 6 domains of mindfulness (MBI-TLC & MBI-TAC) developed by the Universities of Bangor, Oxford, and Exeter.
- ✓ 1 x Supervision session on your return home to discuss the MBI-TAC and your next steps (worth €60)
- ✓ Level 1 Mindfulness MBSR and MBA Teacher Certificate on successful graduation
- ✓ Professionally accredited CPD/CEU certificate from the Professional Development Consortium and CPD Standards Office to add to your annual training record and sought after skills on your curriculum vitae
- ✓ Accommodation as booked for the Intensive Residential Teacher Training
 - ✓ Ongoing mentoring by email
- ✓ Optional Mindfulness Meditation Supervision with Kathy Ward in line with the Mindfulness Network Mindfulness Good Practice Guidelines

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International



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The Level 1 course is intended for people who are:

1. A minimum of 25 years old.
2. Have 1 year of meditation experience not necessarily Mindfulness Meditation
3. Have an ongoing daily personal mindfulness-based practice, based on MBSR/MBCT/MBMA or other mindfulness-based practices
4. **IMPORTANT:** The course starts from the premise that as teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others so you should have taken an 8-Week MBSR or MBCT course or the MBMA module one and module two as a participant either -
 - In your home location with a qualified teacher **OR**
 - Take the **Mindful Academy International Live Online 8-Week MBSR Course** and be guided by Kathy Ward. There is a 100 euro discount if you book and pay for the 8-week MBSR Course at the same time as booking the Level 1 course.

What is Involved?

During the Level 1 course, you will receive comprehensive training in teaching all aspects of



Mindfulness including the latest research in the effects of mindfulness on the brain and deeply explore the spectrum of teaching intentions, content and process of teaching the core meditation practices.

This includes the roots of mindfulness and how Jon Kabat-Zinn and his colleagues at UMASS have woven them into the very fabric of the core-practices.

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

Our time together will be spent in silence as we practice and in small and large group reflection and investigation as we learn through the co-created shared experience. In this space, you will continue to deepen your own practice and embodiment of mindfulness and learn foundational teaching skills.

You will experience and learn specifically how to teach the core practices of the 8-week Mindfulness-based Stress Reduction MBSR course including mindful movement using inquiry-based language and develop the skill of participant-centered Inquiry to support self-reflection and learning.

This learning is supported by our extensive manual covering every aspect of teaching mindfulness and mindfulness-based approaches, along with Mindfulness core practice Meditation transcripts, "how to prepare to teach the core practices" videos, and mp3 recordings of all practices.

Guiding the Mindfulness core practices



You will also have the opportunity to teach 10, 20 and 30-minute mindfulness core practices (see the list below) in small groups (maximum 3 students per group)

This is followed by time for reflection on what went well, and anything you would do differently next time, creating your personal MBI-TLC development portfolio so that you can grow and develop as a teacher. **The core practices are:**

- ✓ Awareness of Body, Breath and Senses Meditation
- ✓ Body Scan Meditation
- ✓ Cultivating curiosity to the whole of my experience 'being with the difficult' Meditation
- ✓ Mindful Movement
- ✓ 5 Awareness/objects Meditation
- ✓ Choiceless Awareness Meditation
- ✓ Compassion practices with either a 3 Step Kindness or Loving Kindness Meditation
- ✓ Short Mindfulness practices such as the 3 Step Anchoring Space, and S.T.O.P

You will also receive supportive formal assessment, support and feedback on your teaching using the industry gold standard Mindfulness-based Teaching Assessment Criteria MBI-TAC domains of teaching mindfulness from Kathy and the team, plus informal feedback from your peers.

At the end of the course, there is an opportunity to discuss this and other feedback from the MBI-TAC Teaching assessments and also in a supervision meeting (included in the price) with Kathy Ward. This can be helpful in reflecting on next steps and reviewing your learning and development needs after your Teacher Training Course.

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

Incredible intensity combined with laughter and light, its been a wonderful experience overall. I greatly appreciated the support both personally and in the more 'academic' context. The sense of community and connection was beautifully instilled in the group and Kathy's credentials are impeccable. The course is thorough, in-depth, supportive in every facet and there is great trust and sense of mutual respect, it has gone far beyond my expectations!

Claire from UK - Teacher, MBSR Teacher Training Course Level 1 and Advanced Course Level 2

Level 1 learning objectives:

1. Reflect on and investigate personal learning and development as a mindfulness practitioner
2. Deepen embodiment of trauma-sensitive mindfulness in teaching and own practice
3. Develop skills, attitudes, and knowledge to enable practice as a teacher of mindfulness-based approaches including the skills of participant-centered inquiry and guiding trauma-sensitive mindfulness core practices
4. Demonstrate the importance of personal integrity of approach, ethical standards and mindful attitudes for teachers of mindfulness-based courses
5. Demonstrate familiarity with the teaching and learning strategies of mindfulness-based courses
6. Demonstrate familiarity with the Mindfulness-Based Interventions Teaching Assessment Criteria (MBI-TAC) 6 domains (skills) of teaching mindfulness developed by the Universities of Bangor, Exeter, and Oxford
7. Reflect on the importance of the professional good practice guidelines and what they mean to you
8. Start your personal mindfulness learning/development portfolio

Please note: Our courses are not attendance courses. Students are expected to attend and take part in all sessions. The support, development, and assessment are ongoing and in order to graduate as a Level 1 Mindfulness MBSR and MBA Teacher, students must meet the teaching standards outlined in the **MBI-TAC**.

Pre-course study supporting your preparation to teach mindfulness

After payment of the deposit, you will be sent the pre-course study information which consists of Personal and Professional preparation, mp3's and core Mindfulness Meditation scripts and professional resources.

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International



The intention of the pre-course study is to deepen your embodiment and understanding of mindfulness and help you prepare to teach 10, 20 and 30 minute Core Meditation practices.

We estimate that the pre-course study will take 112 hours. This is based on an average of 8-weeks of personal practice and professional preparation and average reading speeds. Of course, you may have less time if you enroll closer to the course start date,

however please do not worry as full tuition is given during the course. In either situation, we ask that you do what you can, with the time that you have available.

As preparation for the course we recommend a Personal Mindfulness-based Stress Reduction meditation practice 6 out of 7 days per week using the supplied mp3 recordings.

Once you have read through the pre-course study information, you should email us to arrange the pre-course orientation Supervision session to help you get started with your course preparation (worth €60) and answer any questions you may have.

To help you prepare to teach mindfulness, we recommend that you watch our exclusive "how to prepare to teach the core practice" videos, then practice guiding the core meditations out loud to your family (or a tree!) using the provided Mindful Academy International resources and transcripts.

Please note: We do not expect you to memorize the transcripts for the Level 1 course, however you should not be holding it so that you can drop into the meditation, embodying the practice and guiding as much as possible from your own experience.

Pre-course reading

- ✓ Full Catastrophe Living by Jon Kabat-Zinn
- ✓ Buddhas Brain the practical neuroscience of happiness, love, and wisdom by Rick Hanson
- ✓ The 5 Keys to Mindful Communications: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals by Susan Gillis Chapman

We also **highly recommend** that you read the book **Essential Resources for Mindfulness Teachers** by Rebecca Crane, Karunavira, and Gemma Griffith. In particular, please read the chapter on the Teaching and Learning Companion TLC, you can download a free copy of the chapter [here](#)

Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

Course Curriculum

The course primarily focuses on the teaching process and curriculum of the official UMASS and CMRP group-based 8-week Mindfulness-based Stress Reduction MBSR course, however, the experiential learning is also valuable for those who wish to integrate mindfulness-based approaches into their work or teach mindfulness in a different form.

The Live online interactive zoom course follows this same schedule as the in-person course, with plenty of breaks so you can step away from the screen.

What can I teach after graduation?

Graduates typically start teaching the Mindfulness core meditation practices including Mindful Movement to family, friends, and clients in classes, workshops or as part of their profession.

Depending on the skills of the individual you may also find that you are able to co-lead an 8-week MBSR course and/or Lead an 8-week MBSR course with Supervision as per the Mindfulness Good Practice Guidelines.

Please note: The course is designed to begin the process of training to be a teacher of mindfulness-based approaches. It is our experience that students come to this course with varying skills and experience and levels of practice. Inevitably, not everyone will be ready or even wish to begin to teach the 8-week MBSR course on completion of the Level 1 course and further development may be required.

This could be with supervision or perhaps by attending another 8-week course and consolidating further personal practice.

How to book your space on the Level 1 course

You can complete the application form quickly and easily online [here](#).

Once completed please email to Kathy Ward at enquiry@mindfulacademyint.com We normally reply within 24-48 hours (Monday to Friday).

When your space on the course has been confirmed and we have received your €250 deposit we will send you the pre-course study. The balance is then due 4-weeks before the course starts. Payment plans are also available, please ask for details.

We will also arrange your first supervision session to help you start your teacher training pathway and invite you to the closed Facebook community.

Got a question? contact us:

Remember that you can call Kathy Ward to answer any questions you may have.

We want to ensure that our training meets your vision of teaching mindfulness.

Call us in the UK: (+44) 1225 294483

Arrange a Zoom or Skype video call by emailing us.

Email: enquiry@mindfulacademyint.com

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